



## Trauma is Really Strange

By Steve Haines

[Download now](#)

[Read Online](#) 

### Trauma is Really Strange By Steve Haines

What is trauma? How does it change the way our brains work? And how can we overcome it?

When something traumatic happens to us, we dissociate and our bodies shut down their normal processes. This unique comic explains the strange nature of trauma and how it confuses the brain and affects the body. With wonderful artwork, cat and mouse metaphors, essential scientific facts, and a healthy dose of wit, the narrator reveals how trauma resolution involves changing the body's physiology and describes techniques that can achieve this, including Trauma Releasing Exercises that allow the body to shake away tension, safely releasing deep muscular patterns of stress and trauma.

 [Download Trauma is Really Strange ...pdf](#)

 [Read Online Trauma is Really Strange ...pdf](#)

# Trauma is Really Strange

By Steve Haines

## Trauma is Really Strange By Steve Haines

What is trauma? How does it change the way our brains work? And how can we overcome it?

When something traumatic happens to us, we dissociate and our bodies shut down their normal processes. This unique comic explains the strange nature of trauma and how it confuses the brain and affects the body. With wonderful artwork, cat and mouse metaphors, essential scientific facts, and a healthy dose of wit, the narrator reveals how trauma resolution involves changing the body's physiology and describes techniques that can achieve this, including Trauma Releasing Exercises that allow the body to shake away tension, safely releasing deep muscular patterns of stress and trauma.

## Trauma is Really Strange By Steve Haines Bibliography

- Sales Rank: #101507 in Books
- Brand: imusti
- Published on: 2015-12-21
- Released on: 2015-12-21
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .20" w x 6.40" l, .0 pounds
- Binding: Paperback
- 32 pages

 [Download Trauma is Really Strange ...pdf](#)

 [Read Online Trauma is Really Strange ...pdf](#)

## Download and Read Free Online Trauma is Really Strange By Steve Haines

---

### Editorial Review

#### Review

This wonderfully illustrated book will be a godsend to anyone wishing to understand the effects of trauma. Such clear, accessible explanations of how we hold, process and release trauma based on the latest research have been long overdue. This little book will be invaluable to both therapists and the public alike. -- John Wilks, Bowen and craniosacral instructor and author of 'Choices in Pregnancy and Childbirth' and 'Using the Bowen Technique to Address Complex and Common Conditions' It would seem impossible that the weighty subject of trauma could be explored so thoroughly in a comic book format. Yet this pairing of text and image so perfectly balances academic rigor, whimsical design, and engaging little narratives. At its heart, this book beautifully inspires the reader to see personal trauma as an opportunity for healing and growth. -- Nkem Ndefo, Certified Nurse Midwife, Founder of TRE Los Angeles, speaker, and trauma educator Using simple comics, concise explanations and a healthy dose of wit, this clever book not only explains how trauma affects our body and brain, but more importantly, outlines how to support our body's innate ability to discharge and recover from trauma. -- Richmond Heath, Physiotherapy and Certified TRE Trainer, Trauma Release Australia Steve, once again in talking head mode, thus diagrammatically takes us through the myriad different forms that trauma can take and what responses we can expect. As before, it's the incredible degree of symbolism and visual metaphor that Sophie puts into every single illustration which transform this from merely being a succinct and extremely clear explanation of the facts to a fun filled pamphlet of pictorial educational enablement. I think the beauty of this and their previous work is they manage to deal with such complex topics in a manner that would be perfectly digestible and understandable even for primary school kids without remotely compromising on the scientific facts. Brilliant! -- Jonathan Page 45 I'd recommend this comic anyone who has experienced trauma or who is working with someone who has. It provides clear and relatable ways of understanding and talking about the effects of trauma, and some sensible suggestions for taking the first steps towards recovery. -- Nikki Luke, research Fellow, Rees Centre Rees Centre Newsletter

#### Review

This wonderfully illustrated book will be a godsend to anyone wishing to understand the effects of trauma. Such clear, accessible explanations of how we hold, process and release trauma based on the latest research have been long overdue. This little book will be invaluable to both therapists and the public alike. (John Wilks, Bowen and craniosacral instructor and author of 'Choices in Pregnancy and Childbirth' and 'Using the Bowen Technique to Address Complex and Common Conditions')

It would seem impossible that the weighty subject of trauma could be explored so thoroughly in a comic book format. Yet this pairing of text and image so perfectly balances academic rigor, whimsical design, and engaging little narratives. At its heart, this book beautifully inspires the reader to see personal trauma as an opportunity for healing and growth. (Nkem Ndefo, Certified Nurse Midwife, Founder of TRE Los Angeles, speaker, and trauma educator)

Using simple comics, concise explanations and a healthy dose of wit, this clever book not only explains how trauma affects our body and brain, but more importantly, outlines how to support our body's innate ability to discharge and recover from trauma. (Richmond Heath, Physiotherapy and Certified TRE Trainer, Trauma Release Australia)

Steve, once again in talking head mode, thus diagrammatically takes us through the myriad different forms that trauma can take and what responses we can expect. As before, it's the incredible degree of symbolism

and visual metaphor that Sophie puts into every single illustration which transform this from merely being a succinct and extremely clear explanation of the facts to a fun filled pamphlet of pictorial educational enablement. I think the beauty of this and their previous work is they manage to deal with such complex topics in a manner that would be perfectly digestible and understandable even for primary school kids without remotely compromising on the scientific facts. Brilliant! (Jonathan *Page 45*)

I'd recommend this comic anyone who has experienced trauma or who is working with someone who has. It provides clear and relatable ways of understanding and talking about the effects of trauma, and some sensible suggestions for taking the first steps towards recovery. (Nikki Luke, research Fellow, Rees Centre *Rees Centre Newsletter*)

#### About the Author

Steve Haines has been working in healthcare for over 25 years and as a bodyworker since 1998. Understanding the science of trauma and pain has transformed his approach to healing. He has studied Yoga, Shiatsu, Biodynamic Craniosacral Therapy, and Trauma Releasing Exercises (TRE). He is a UK registered Chiropractor and teaches TRE and Cranial work all over the world. His treatments now use education, embodied awareness and light touch to help people move more freely and be more present. Steve lives and works between London and Geneva. ([www.stevehaines.net](http://www.stevehaines.net)).

### Users Review

#### From reader reviews:

##### **Mindy Martinez:**

Why don't make it to become your habit? Right now, try to prepare your time to do the important work, like looking for your favorite guide and reading a book. Beside you can solve your long lasting problem; you can add your knowledge by the reserve entitled Trauma is Really Strange. Try to the actual book Trauma is Really Strange as your good friend. It means that it can being your friend when you sense alone and beside those of course make you smarter than in the past. Yeah, it is very fortuned for you. The book makes you considerably more confidence because you can know every little thing by the book. So , we need to make new experience along with knowledge with this book.

##### **Dan Hanner:**

This Trauma is Really Strange usually are reliable for you who want to become a successful person, why. The explanation of this Trauma is Really Strange can be one of several great books you must have will be giving you more than just simple reading through food but feed you actually with information that maybe will shock your previous knowledge. This book will be handy, you can bring it everywhere and whenever your conditions in the e-book and printed ones. Beside that this Trauma is Really Strange forcing you to have an enormous of experience for instance rich vocabulary, giving you trial run of critical thinking that we realize it useful in your day exercise. So , let's have it and enjoy reading.

##### **Marsha Young:**

Beside this specific Trauma is Really Strange in your phone, it could possibly give you a way to get nearer to the new knowledge or data. The information and the knowledge you may got here is fresh from oven so don't

possibly be worry if you feel like an older people live in narrow small town. It is good thing to have Trauma is Really Strange because this book offers for you readable information. Do you often have book but you don't get what it's about. Oh come on, that will not happen if you have this in the hand. The Enjoyable agreement here cannot be questionable, such as treasuring beautiful island. Use you still want to miss this? Find this book along with read it from currently!

**Jennifer Wilson:**

That publication can make you to feel relax. This specific book Trauma is Really Strange was vibrant and of course has pictures on there. As we know that book Trauma is Really Strange has many kinds or variety. Start from kids until teenagers. For example Naruto or Private eye Conan you can read and think you are the character on there. Therefore , not at all of book usually are make you bored, any it can make you feel happy, fun and loosen up. Try to choose the best book for yourself and try to like reading which.

**Download and Read Online Trauma is Really Strange By Steve Haines #6V1TGUR7Y05**

# **Read Trauma is Really Strange By Steve Haines for online ebook**

Trauma is Really Strange By Steve Haines Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Trauma is Really Strange By Steve Haines books to read online.

## **Online Trauma is Really Strange By Steve Haines ebook PDF download**

**Trauma is Really Strange By Steve Haines Doc**

**Trauma is Really Strange By Steve Haines Mobipocket**

**Trauma is Really Strange By Steve Haines EPub**

**6V1TGUR7Y05: Trauma is Really Strange By Steve Haines**